

328 NORTH MAIN ST  
EAST  
LONGMEADOW  
MA 01028  
MON - FRI  
8:00 AM - 4:00 PM  
413.525.5436

TWO-TOWN  
TROLLEY  
413.525.5412

PVTA  
413.739.7436

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Dishwasher
- Linda Zebrowski,  
Custodian



# Pleasant View Senior News June 2016

[www.eastlongmeadowma.gov](http://www.eastlongmeadowma.gov)

## What's New and Happening this Month

Our new look! We hope you enjoy the new format of our monthly newsletter. As we've grown and increased our programming, it was getting increasingly difficult to fit everything into the previous four page booklet format. We print over 6,300 newsletters in-house each month, so with the increased number of pages, it will now be published in this stapled, two-sided format. We hope you take the time to read through it to see all that we offer here at the Senior Center!

Our Farmers Market starts up for its fifth year on FRI, JUN 10 from 10:00 AM - 2:00 PM and will run each FRI through OCT 7. Granny's Place in Agawam will offer seasonal fresh produce, along with plants and flowers when available. Interested in being a food vendor? Please contact Alicia at 525-5436, ext. 1406.

One-Mile Walk Challenge, sponsored by the MCOA, is having its 2nd annual "Go the Distance" statewide walking challenge. Sign up

in the senior center office for the walk on WED, JUN 8 at the Rail Trail, Maple Rd. entrance, 8:00 AM.

Compassion and Kindness Endeavor  
Bring your supplies and pick one of our past projects to work on: Dress a Girl, Bibs for Bethlehem House, or Bibs for Vets. We will also be hearing from Laura Lavoie of Glenmeadow about a potential new project to do! JUN 10 @ 1:00 PM.

Chair Yoga will begin FRI, JUN 24 from 3:30 - 4:30 PM and run for 8 weeks. \$5 per class. Sign up in the office, 525-5436.

Mini-Golf & Ice Cream at Fenway Golf in East Longmeadow on MON, JUN 27 @ 9:00 AM. \$8 pp. Meet at Fenway Golf. Sign up in the office or call 525-5436.

New! Zumba with Grace starting on WED, JUN 15 from 3:30 - 4:30. Try out a fun, new exercise class taught by Grace Busto! First class is free, \$5 per class ongoing.

- P. 1 *What's New and Happening for the month and beyond*  
P. 2 *Friday Presentations, Special Interest and Support Programs*  
P. 3 *Friendship Club Events, Movies, Documentaries, Community Services*  
P. 4 *Outreach, Memorial Donations, Sponsors*  
P. 5 *"At a Glance" and P. 6 Calendar and Menu*

## Friday presentations...please sign up! 525-5436

Shingo! RiteAid's wellness ambassador Raya Dixon will talk on the importance of getting a Shingles vaccine, and what exactly Shingles is, followed by a few rounds of Bingo (Shingo!) *FRI, JUN 3 @ 10:30 AM.*

Hearing loss affects an estimated 36 million Americans. What can you do to stay engaged and connected? Audiologist Marilyn Perreault from the Mercy Hearing Center will present information on the importance of hearing health care and the effects of hearing loss on your health and well-being. *FRI, JUN 10 @ 10:30 AM.*

Elder Law Education presented by Atty. Dave Carlson, who will speak on behalf of the Massachusetts Bar Association Elder Law Education program. Resource guides available, first come, first served. *FRI, JUN 17 @ 10:30 AM.*

The Importance of Exercise a presentation by Emily of Baystate Rehabilitation Care. Learn how exercise affects many areas of our health, how to safely begin an exercise program, as well as various types of exercise and the different ways it can improve our health. *JUN 24 @ 10:30 AM.*

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## Special Interest and Support Programs

The Happiness Project continues on the 1st WED of the month. An endeavor to find more happiness in your life if you truly want it! Originated by Gretchen Rubin, author of *The Happiness Project*. *JUN 1.*

Compassion and Kindness Endeavor meets the 2nd FRI of the month at 1:00 PM. Each month, volunteers create a different item of clothing to benefit a community, be it local or worldwide. *JUN 10.*

Voices and Vision project developed by the Harold Grinspoon Foundation that combines the work of great Jewish graphic designers and artists with inspirational Jewish quotes - 2nd and 4th THUR @ 2:00 PM. *JUN 9 and JUN 23.*

Creative Coloring 1st and 3rd THUR at 2:00 PM. Bring your own supplies or use ours. Come on over for a relaxing and social afternoon! *JUN 2 and JUN 16.*

Make Your Own Jewelry with Sandy Merrill 1st MON of the month at 9:30 AM. Cost for instruction \$3, supplies extra. *JUN 6.*

Dementia Support Group meets the 1st and 3rd WED each month at 3:15 PM. Two facilitators always present; one for caregivers and one to supervise those they care for. *Jun 1, JUN 15.*

Art Class every FRI 10:00 AM - 12:30 PM with local artist Jeff Kern. Bring what you like for the art medium you prefer. \$15

Computer Class every WED @ 1:00 PM. Bring your laptop, tablet, or smart phone for one-on-one instruction. *SEP - MAY*

French Club meets every WED @ 11:00 AM for conversation and socialization.

Book Club meets on the last TUE of the month at 9:30 AM. The book for *Jun 28* is *The Dinner* by Herman Kock.

## Friendship Club

The Senior Friendship Club meets each THUR after lunch. Featuring entertainment, presentations, or \$5 Bingo.

JUN 2 - Picnic w/Resurrection Airmen Band

JUN 9 - \$5 BINGO

JUN 16 - Musical entertainer Joel Meginsky

JUN 23 - Musical entertainer Walter Martin

JUN 30 - \$5 Bingo

## State Rep Visits

Eric Lesser, 3rd THUR @ 11:00 AM

Brian Ashe, 4th THUR @ 11:00 AM

Veterans Agent John Comerford holds office hours at the Senior Center on TUES and THUR each week from 10:00 AM - 12:30 PM. Call John @ 413-267-4140 for an appointment.

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## Movie Matinee

Movies are shown each TUE @ 12:45 PM.

JUN 7: *Nanny Diaries*, PG-13, 2007, 1h 44m

JUN 14: *A Promise* NR, 2013, 1h 38m

JUN 21: *The One I Wrote for You*, PG-13, 2014, 1h 50m

JUN 28: *Legendary*, PG-13, 2010, 1h 47m

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## Documentaries

Shown each MON @ 12:45 PM. This month series is entitled *Planet Earth*.

JUN 6: *Deserts*, 48m

JUN 13: *Ice Worlds*, 49m

JUN 20: *The Shallow Seas*, 49m

JUN 27: *Seasonal Forests*, 49m

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## Services Offered from the Community

Attorney David Carlson offers free legal consultations on the 3rd TUES of the month. Call 525-5436 for an appointment on JUN 21.

Baystate Hearing Aid Center offers free hearing screenings on the 3rd WED each month between 10:00 - 11:00 AM. Call 525-5436 for a 15 min. screening on JUN 15.

Footcare/Pedicare on the 2nd TUES of each month. Cost is \$29. Call 525-5436 for an appointment on JUN 7.

Christina Conti, LMT offers free massage therapy on the 2nd & 4th MON of the month. Call in advance @ 413-348-8370 for an appointment on JUN 13 or JUN 20.

Catherine Rasid, Licensed Manicurist gives manicures on alternate THUR each month. Call her @ 413-335-7422 for an appointment on JUN 2, 16, 30.



## Outreach w/Janice Michaelis

**Carely**, an app to help families care for their loved one is now available for your smart phone or tablet on iTunes! Carely is a free, family driven mobile app that is dedicated to improving the caregiving experience, for both the caregiver and the loved one. The app connects family caregivers with each other, their loved one, their care communities and new technologies, enhancing the care experience through better communication, engagement and coordination. *Developed by Mint Chameleon Ventures, LLC.*

## Memorial Donations

*Thank you to those that remembered our Senior Center in memory of someone special:*

**Jessie Giannetti** by Claire & David Clini, Carol Donaldson, Italian American Citizen Club, Carol & Simon Topulos, the Fitzgerald Family, Nora & Christopher Dion.

**Our Two-Town Trolley is available MON - FRI, 9:00 AM - 2:00 PM for East Longmeadow and Hampden Seniors. \$1 - \$2 each way depending on destination. Call 525-5412.**

## Sponsors

**DAVID G. CARLSON**  
ATTORNEY AT LAW  
*Estate Planning • Wills & Trusts • Probate of Estates*  
*Elder Issues*  
200 NORTH MAIN STREET • SUITE 6  
EAST LONGMEADOW, MA 01028  
Tel. (413) 525-1313 Fax (413) 525-7272

**HAMPDEN**   
HEARING CENTER

200 North Main Street • North Building • Suite 103  
East Longmeadow, MA 01028  
413-525-7979 [www.hampdenhearing.com](http://www.hampdenhearing.com)

### Wealth Preservation Group, Inc

**John G. Dee**  
*President*  
**"How to Protect Your Assets from Nursing Home Costs Even Without Long Term Care Insurance"**  
*Working to Preserve Your Wealth* Call for your Free Report Today  
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**Maureen Coughlan, Realtor**  
**COLDWELL BANKER**  
*"Home" work is what I do best!*  
CELL (413) 221-7075  
[Maureen.Coughlan@NEMoves.com](mailto:Maureen.Coughlan@NEMoves.com)

Would you like your business or company to reach over 5,000 households each month through The Reminder? For information, please contact Stephanie at 525-5436, ext. 1404.

*We hope you support our valued sponsors!*

Special thanks to Redstone Rehabilitation and Nursing Center for sponsoring our Tai Chi for Arthritis classes, and to GO Fontaine Development, LLC for sponsoring our Movie Matinee.

*Did you know that the Hampden Senior Center on 104 Allen St. throws great dinner parties? Call them for upcoming dates, theme and cost @ 566-5588. They also have a busy schedule of trips throughout the year; flyers of all trips are also available in the Pleasant View Senior Center main hall and office.*

## FUN AND GAMES

Bean Bag Baseball: FRI 9:30 AM

Billiards: 8:00 AM - 4:00 PM

Bocce: 8:00 AM - 4:00 PM, MON - FRI, Spring through Fall. Group play WED 10:00 AM.

Canasta: THU 12:30 PM

Chair Volleyball: WED 1:00 PM

Creative Coloring: 1st & 3rd THUR 2:00 PM

Cribbage: WED & FRI 10:00 AM

Documentary: MON @ 12:45 PM. See page 3

Friendship Club: THU 12:30 PM. See p. 3

Mah Jongg: TUE 12:30 PM

Movie Matinee: TUES 12:45 PM. See p. 3

Pickleball: WED 11:30 AM at CLC 50 Parker St.

Pitch: MON 12:30 PM

Trivia Club: THUR 10:00 AM

Wii Sports: WED 2:30 PM

## HEALTH AND WELLNESS

Arthritis Foundation Exercise Program: M, W, F 8:30 AM; M, TH 10:45 AM. \$1 class (30 min. of floor exercise each FRI 9:30 AM)

Better Hearing Clinic: Free screenings by Baystate Hearing Aid Center each 3rd WED, by appt. between 10 - 11 AM. Call 525-5436

Blood Pressure: Call Lissa for an appt. 525-5436, ext. 1407.

Bosu Balance Class: TUE 8:30 AM; WED 10:05 AM; THUR 8:30 & 9:30 AM. \$1 class

Chair Exercise: MON/WED 9:00 AM; FRI 8:45 AM. \$3 per month or \$.50 per class.

Chair Volleyball: WED 1:00 PM

Dementia Support: 1st/3rd WED 3:15 PM

Fitness Center: Open MON - FRI, 8:00 AM - 4:00 PM. Treadmills, elliptical machine, recumbent bikes, weight station. Medical clearance required. 20 visits/\$10 or \$15 non-residents. Age 90 and over, no charge.

Footcare/Pedicare: 2nd TUE. Call 525-5436 for appt. Cost is \$29, home visit \$50.

Line Dancing Class: FRI 4:00 PM. \$3

Massage Therapy: 2nd & 4th MON by appt. Free. Call Christina @ 413-348-8370.

Strength & Cardio: MON, WED 9:30 AM.

Tai Chi: TUE 9:00 AM, First Cong. Church/Rotary

Tai Chi for Arthritis: TUE 9:30 AM (Level 2); 10:30 AM (Level 1); Beginner TUE 11:30 AM

Zumba: MON 4:15 PM \$5; WED 3:30 PM \$5

## SPECIAL INTEREST & EDUCATION

Art Class: FRI 10:00 AM - 12:30 PM. \$15

Baystate Deaf Seniors: WED @ 10:00 AM

Book Club: Last TUE 10:30 AM

Computer Class: WED 1:00 PM, SEP - MAY

French Club: WED 11:00 AM

Happiness Project: 1st WED 11:00 AM

Jewelry Class: 1st MON 9:30 AM w/Sandy Merrill. \$3 plus cost of materials.

Legal Consults: 3rd TUE by appt. 525-5436

Manicures: Alternate THU Call Cathy Rasid, licensed manicurist for appt. 413-335-7422

Morning Glory Walkers: M, W, F 8:00 AM

Needlework: FRI 1:00 PM

Voices & Vision: 2nd & 4th THU 2:00 PM



Please reserve lunch 24 hours  
in advance by calling 525-5436.  
Served at 12 noon. \$2.50

# JUN 2016

## PLEASANT VIEW SENIOR NEWS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>1% milk served daily</i></p> <p><i>Menu subject to change</i></p> <p><i>Container Recycle</i></p>	<p><b>****Indicates high sodium</b></p>	<p><b>1 Beef Bourguignon</b> 8:00 Rail Trail Walk (Maple Rd.) 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength &amp; Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 The Happiness Project 11:00 French 11:30 Pickelball at CLC 1:00 Chair Volleyball 12:30 Wii Sports 3:15 Dementia Support</p>	<p><b>2 Grilled Chicken</b> <b>Manicures by appt.</b> 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise <b>12:30 FC - Picnic w/ Resurrection Airmen Band</b> 12:30 Canasta <b>2:00 Creative Coloring</b></p>	<p><b>3 Fish Francais</b> 8:00 Walkers 8:30 Arthritis &amp; Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage <b>10:30 "Shingo" by Rite-Aid</b> 1:00 Dominoes 1:00 Needlework 4:00 Line Dancing Class \$3</p>
<p><b>6 Swedish Meatballs</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise <b>9:30 Make Your Own Jewelry</b> 9:30 Strength &amp; Cardio 10:45 Arthritis Exercise 12:30 Pitch <b>12:45 Documentary, see p. 3</b> 4:15 Zumba Fitness/Toning \$5</p> <p><i>Paper Recycle</i></p>	<p><b>7 Veal Cutlet w/Gravy</b> 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 11:30 Beginner Tai Chi 12:30 Mah Jongg 12:45 Movie - <i>Nanny Diaries</i>, PG-13, 2007, 1h 44m</p>	<p><b>8 Hearty Soup &amp; Salad</b> 8:00 One Mile Walk Challenge 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength &amp; Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 French <b>11:30 Pickelball at CLC</b> 1:00 Chair Volleyball 2:30 Wii Sports</p>	<p><b>9 Roast Turkey</b> 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise 12:30 Canasta <b>12:30 Bridge</b> <b>12:30 FC - \$5 BINGO</b> <b>2:00 Voices and Vision</b></p>	<p><b>10 Paella (fish &amp; sausage)</b> 8:00 Walkers 8:30 Arthritis &amp; Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage <b>10:30 Mercy Hearing Center</b> 1:00 Dominoes 1:00 Needlework <b>1:00 Compassion and Kindness Endeavor</b> 4:00 Line Dancing Class \$3</p>
<p><b>13 BBQ Pork</b> 8:00 Walkers 8:30 Arthritis Exercise <b>9:00 MGW Meeting</b> 9:00 Chair Exercise 9:30 Strength &amp; Cardio <b>10:00 - 2:00 Free Massage</b> 10:45 Arthritis Exercise 12:30 Pitch <b>12:45 Documentary, see p. 3</b> 4:15 Zumba Fitness/Toning \$5</p> <p><i>Container Recycle</i></p>	<p><b>14 Chicken Sandwich</b> <b>Footcare/Pedicure/Appt. \$29</b> 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 11:30 Beginner Tai Chi 12:30 Mah Jongg 12:45 Movie - <i>A Promise, NR</i>, 2013 1h 38m</p>	<p><b>15 Chili</b> 8:00 Rail Trail Walk (Maple Rd.) 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength &amp; Cardio <b>10:00 Hearing Screenings</b> 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 French <b>11:30 Pickelball at CLC</b> 1:00 Chair Volleyball 2:30 Wii Sports <b>3:15 Dementia Support</b> <b>3:30 Zumba w/Grace N/C</b></p>	<p><b>16 Baked Fish</b> <b>Manicures by appt.</b> 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise <b>11:00 Eric Lesser rep visit</b> <b>12:30 FC - Entertainer Joel Meginsky</b> 12:30 Canasta <b>2:00 Creative Coloring</b></p>	<p><b>17 Beef Bolognese</b> 8:00 Walkers 8:30 Arthritis &amp; Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage <b>10:30 Elder Law Education</b> 1:00 Dominoes 1:00 Needlework 4:00 Line Dancing Class \$3</p>
<p><b>20 Cheese Tortellini &amp; Beef Casserole</b> 8:00 Walkers 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength &amp; Cardio 10:45 Arthritis Exercise 12:30 Pitch <b>12:45 Documentary, see p. 3</b> 4:15 Zumba Fitness/Toning \$5</p> <p><i>Paper Recycle</i></p>	<p><b>21 Chicken &amp; Broccoli Alfredo</b> 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 11:30 Beginner Tai Chi 12:30 Mah Jongg 12:45 Movie - <i>The One I Wrote For You</i>, PG, 2014, 1h 50m <b>1:00 Free Legal Consults w/ Dave Carlson by appt.</b></p>	<p><b>22 Turkey Wrap</b> 8:00 Rail Trail Walk (Maple Rd.) 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength &amp; Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 French <b>11:30 Pickelball at CLC</b> 1:00 Chair Volleyball 2:30 Wii Sports 3:30 Zumba w/Grace \$5</p>	<p><b>23 Salisbury Steak</b> 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise <b>11:00 Brian Ashe rep visit</b> <b>12:30 FC - Entertainer Walter Martin</b> 12:30 Canasta <b>2:00 Voices and Vision</b></p>	<p><b>24 Tuna Casserole</b> 8:00 Walkers 8:30 Arthritis &amp; Floor Exercise 8:45 Chair Exercise 9:30 Bean Bag Baseball 10:00 Art Class \$15 10:00 Cribbage <b>10:30 Importance of Exercise</b> 1:00 Dominoes 1:00 Needlework <b>3:30 Chair Yoga (8 weeks)</b> 4:00 Line Dancing Class \$3</p>
<p><b>27 BBQ Sandwich</b> 8:00 Walkers 8:30 Arthritis Exercise <b>9:00 Fenway Golf \$8</b> 9:00 Chair Exercise 9:30 Strength &amp; Cardio <b>10:00 - 2:00 Free Massage</b> 10:45 Arthritis Exercise 12:30 Pitch <b>12:45 Documentary, see p. 3</b> <b>1:00 Eat Healthy, Be Active</b> 4:15 Zumba Fitness/Toning \$5</p> <p><i>Container Recycle</i></p>	<p><b>28 Pork Marsala</b> 8:30 Bosu Balance 9:30 Arthritis Tai Chi, Level 2 10:30 Arthritis Tai Chi, Level 1 <b>10:30 Book Club, "The Dinner" by Herman Kock</b> 11:30 Beginner Tai Chi 12:30 Mah Jongg 12:45 Movie - <i>Legendary</i>, PG-13, 2010, 1h 47m</p>	<p><b>29 Fish &amp; Chips</b> 8:00 Rail Trail Walk (Maple Rd.) 8:30 Arthritis Exercise 9:00 Chair Exercise 9:30 Strength &amp; Cardio 10:00 Cribbage 10:00 Deaf Seniors 10:05 Bosu Balance 11:00 French <b>11:30 Pickelball at CLC</b> 1:00 Chair Volleyball 2:00 Canasta 2:30 Wii Sports 3:30 Zumba w/Grace \$5</p>	<p><b>30 Chicken Parmesan</b> <b>Manicures by appt.</b> 8:30 Bosu Balance 9:30 Bosu Balance 10:00 Trivia 10:00 Billiards Instruction 10:45 Arthritis Exercise <b>11:00 Brian Ashe rep visit</b> <b>12:30 FC - \$5 BINGO</b> 12:30 Canasta</p>	